

Elizabeth D.



Master Trainer
Group X Instructor
Team Member Since: 1994
Sessions Serviced: 10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Arthritis Foundation PACE Certified, Life Guard Cert.,
- Silver Sneakers Instructor, Yoga Instructor, Class Instructor 30 Years
- Bronze Level Ballroom/Latin Dance
- Hiking, Camping, Equestrian
- Assisted Stretching Techniques



For more info about this trainer,
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